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Dear Parents and Carers

I write to you hoping for your support with a minor issue. We have noticed that a small number of students have been buying energy drinks on their way to school in the morning as part of their breakfast routine. You will probably be aware that there are increasing health concerns, reported in The British Medical Journal and subsequently the press, about the damaging effects on young developing bodies that the high sugar and high caffeine content in these drinks are having. For example, nationally over the last 5 years we have seen a 20% increase in the number of young people having multiple adult tooth extractions before they are 18 years old and this is correlated with the increased sales of drinks with high sugar and caffeine content.

I recently held assemblies for all students demonstrating how much sugar is contained in a single can of Red Bull, Monster, Irn-Bru and Coca Cola. The lowest was 36g of sugar in a single can which is equivalent to just under 15 teaspoons of sugar. I am sure that all of us would be shocked if we were making a cup of tea for someone and the answer to, "*Would you like any sugar?*" was, "*Yes, 15 spoons please.*"

As a consequence, I have told all of the students that any of them found in possession of high sugar or high caffeine content drinks will have them confiscated and furthermore students who repeatedly ignore our expectations will face further sanctions.

Thank you in advance for your support and understanding with this matter and if you would like to discuss any part of this letter in more detail please do not hesitate to contact me.

Yours faithfully

Mr S P Laheney
Headteacher